

Exporting Video from Final Cut Pro

1. **Select Sequence** – Highlight and double-click the sequence you want to export. Remove any Mark In/ Mark Out points in your cut. Under the **File** drop down menu, select **Export** and then **Using Quicktime Conversion**.

2. **Video Settings** – In the pop up window that appears, choose a name for your exported file. Then choose the destination for the new saved video file.

Click the **Options** button to open a detailed dialogue box for video and audio settings. Check Video and Sound boxes, and then click the **Settings** button under Video.

In the top **Compression Type** drop-down menu, select **H.264**, a current standard for video playback and streaming (h.264 is supported by both YouTube and Vimeo).

Use **Current** for the Frame Rate, or fps, menu.

Use **Automatic** for the Data Rate. The **Restrict To** setting can be used to reduce the size of the exported video file and are best used for web streaming sites, etc. Set the Compressor Quality to **Best**
Set the Encoding to **Best Quality**
Click **OK**.

Avoid the **Filter** button. These effects are best done earlier in the editing process.

With the **Size** button, select your target size, **1920x1080 HD** for the purposes of this class.

Deinterlace Source Video should be unchecked, as shooting at 24p or 30p is progressive with no interlacing present. Click **OK**.

3. **Sound Settings** – Click the **Settings** button under audio, then choose **AAC** under **Format**, **Stereo L & R** under **Channels**, and **48kHz** under **Rate**, which is the sampling rate. Click **OK**.
Click **Save** on the original dialogue box to begin the export.